



**Weyerhaeuser King County
Aquatic Center**
650 SW Campus Drive
Federal Way, WA 98023
206-296-4444
www.metrokc.gov/parks

Northwest Lifeguard Preparation Course

Times:

December 11th – December 13th

- Mondays and Wednesdays
3:00pm – 6:00pm

Cost: \$20.00

Supplies: Swim Suit, Towel

The skills and training incorporated in the Northwest Lifeguard Preparation Course are primarily derived from the pre-1995 American Red Cross Lifeguard Training Course.

The Northwest Lifeguard Preparation Course is a prerequisite for employment with the King County Aquatic Center.

The Northwest Lifeguard Preparation Course is designed to prepare lifeguards for aquatic emergencies in which rescue equipment is not available. Although equipment based rescue procedures are always preferable to non-equipment rescues, Lifeguards may encounter emergency situations off-duty or during employment which require additional skills, knowledge, and training.



**This material is available in alternate format upon request.
Telephone Relay Service: 711**